

# PAPA, AS-TU BESOIN D'AIDE?

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PEUVENT AVOIR  
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SOUTIEN

10<sup>e</sup> Semaine Québécoise  
DE LA Paternité



## Examining Vulnerability Indicators for English- Speaking Men and Fathers: Inspiring Initiatives from the Regroupement pour la Valorisation de la Paternité

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## Introduction

**Meeting 5 years ago**

**Similar isolation**

**Immediate interest**

**The RVP has developed the CHSSN reflex...**

**And CHSSN has developed the fatherhood reflex!**

## **Outline of the presentation**

- 1) Brief presentation about the RVP**
- 2) RVP-CHSSN partnerships and knowledge generation**
- 3) Action points**
- 4) Conclusion**

## **Brief presentation about the RVP**

**National grouping recognised and financed by the Ministry of the Family = 250 members from all regions of Quebec**

- 1) Integration of fathers in public policies (PAMSBEH, Stratégie Égalité, actions of the Ministère de la Famille, etc.)**
- 2) Integration of fathers in the family service offer**
  - a) Programme d'adaptation des pratiques aux réalités paternelles (PAPPa): training, coaching, creation of tools, etc;**
  - b) Major projects: immigrant fathers, fathers with disabled children, training for fathers and perinatal care, prevention of domestic violence, family-work balance, etc.**
- 3) Production of studies and social campaigns (Semaine Québécoise de la Paternité)**

## **RVP-CHSSN partnerships for the past 5 years**

### **a) Translation of material**

- Quebec Fatherhood Week**
- Training and tools for the Programme d'adaptation des pratiques aux réalités paternelles (PAPPa)**

### **b) Translation of other tools**

- Coparentality (phase 1 and phase 2)**
- Approach for intervention with men**

### **c) Formal partnerships**

- Accompaniment of organisations in the CHSSN network**
- Mental health project in two parts:**
  - Relais-Pères (support for vulnerable fathers)**
  - Immigrant fathers project (adaptation of practices)**

### **d) Data production (surveys)**

### **e) Synthesis study**

## **Surveys - some highlights**

- 1) SOM 2018 survey on men's demand for help**
- 2) SOM 2020 survey on co-parenting**
- 3) SOM 2021 survey on men and the pandemic**
- 4) SOM 2022 survey on fathers' vulnerability**

# SOM 2018 survey on men's demand for help

(2095 Quebec men, including 269 English-speaking men)

**The first factor in the choice of a psychosocial counsellor for English-speaking men is that the counsellor speaks English. For Francophones, the first factors are continuity and speed of service.**

Statement	Anglos	Francos
<b>Less likely to consult health professionals other than a doctor</b>	<b>61 %</b>	<b>74 %</b>
<b>More willing to leave messages on voicemail</b>	<b>47 %</b>	<b>31 %</b>
<b>More likely to consult a psychosocial worker in the community</b>	<b>6 %</b>	<b>2 %</b>



# SOM April 2020 survey on co-parenting

(2115 fathers and mothers in Quebec, including 228 English-speaking fathers and 221 English-speaking mothers at the start of the pandemic)

Statement on fathers	Anglos	Francos
More likely to perceive that the pandemic has had a significant impact on co-parenting	65 %	50 %
More likely to consider it very important to team up with the other parent	84 %	75 %
Less likely to find it difficult to have a good relationship	7 %	14 %
More likely to find it difficult to raise children well	25 %	14 %
More likely to find it difficult to know if they are doing the right thing with children	65 %	34 %



# January 2021 survey on men and the pandemic

(2740 men of whom 392 were English-speaking)

Statement	Anglos	Francos
Index of high psychological distress	22 %	12 %
Negative impact on daily life	74 %	66 %
Negative impact on mental health	48 %	38 %
Difficulty in adapting to changes linked to the health crisis	50 %	40 %
Less likely to consult a doctor in a medical clinic	58 %	75 %

# SOM 2022 survey on fathers' vulnerabilities

(2119 Quebec fathers including 400 English-speaking fathers)

Statement	Anglos	Set
Index of high psychological distress	19 %	13 %
Suicidal ideations	11 %	7 %
Anxiety and distress (always or often)	36 %	26 %
Childhood sexual abuse	16 %	9 %

# Key findings on the vulnerabilities of English-speaking men and fathers in Quebec

- 1) There are many particularities in the way English-speaking men and fathers experience their vulnerabilities**
- 2) Language is the primary factor that facilitates psychosocial counselling for English-speaking men**
- 3) Culture also plays an important role in the way men's and fathers' vulnerabilities are constructed (cultural realities, relationship to services, masculinity, fatherhood, etc.)**
- 4) The effects of the unfavourable socio-economic conditions in which many English-speaking men live should not be underestimated**
- 5) All of these elements justify an adapted intervention to support English-speaking men**

## Intervention approach (source: Jacques Roy)

- 1) Language:** Language is a key issue, as it is the main barrier to accessing services and is subject to considerable disparities across Quebec.
- 2) Culture:** Beyond language, the culture of the Anglo-Saxon mentality and the diversity of diversity of cultures among English-speaking allophones also greatly influences the the English-speaking community's relationship to services.
- 3) Socio-economic dimension:** This is an important component to consider because of the particular vulnerabilities of men in the English-speaking community.
- 4) Masculinities:** Understanding of gender roles and relationship to services is influenced by the different forms of masculinity found among English-speaking men.
- 5) Fatherhood:** It is also important not to overlook the diversity of values and symbolic representations of fatherhood within the different cultures that make up the English-speaking community.

## Action points

- 1) Continue and intensify RVP-CHSSN partnerships (support for organisations, creation of tools, mental health projects, translation of documents, etc.)**
- 2) Continue research to better understand the realities of English-speaking men and fathers**
- 3) Sensitize and mobilize men's health and well-being respondents to the realities of English-speaking men within the CIUSSS and CISSS**
- 4) Sensitize and mobilize respondents to English-speaking communities within CIUSSS and CISSS**
- 5) Perhaps... sensitize the Secretariat for Relations with English-speaking Quebecers...**

# **The fatherhood reflex (a short four-step test on the inclusion of fathers in public policies)**

**Public policies = policies, strategies, laws, programs, action plans, frame of reference, etc.**

**1) The vocabulary**

**2) Objectives**

**3) Means of implementation (outcome indicators, forms, etc.)**

**4) The effects (do we actually reach the fathers?)**

## Conclusion

**The realities of men and fatherhood are often a blind spot in psychosocial interventions in Quebec. And English-speaking men, like immigrant men, are in the blind spot... of the blind spot.**

**So they are often rather... invisible...**

**It is up to us to make them visible for their own well-being, but also for that of the children and spouses who share their daily lives.**



## Some references...

### **Portrait of English-speaking men and fathers in Quebec and their relationship with services :**

<https://chssn.org/fr/documents/portrait-des-hommes-et-des-peres-de-la-communaute-dexpression-anglaise-au-quebec-et-de-leur-rapport-aux-services/>

### **SOM surveys on the vulnerabilities of English-speaking fathers:**

**<https://chssn.org/fr/documents/sondage-vulnerabilite-paternite/>**

### **Tool on intervention with English-speaking men and fathers :**

<https://chssn.org/fr/documents/loffre-de-services-aux-peres-dexpression-anglaise/>

**RVP website:** [www.rvpaternite.org](http://www.rvpaternite.org)

**PAPPa website:** <https://www.rvpaternite.org/pappa-presentation/>

**Semaine Québécoise de la Paternité website:**

**<https://www.semainedelapaternite.org/en/>**